

# BUILDING RESILIENCE...MOVING BEYOND THE TRAUMA

Tifanie Petro, MS  
Director of Advocacy and Prevention  
Children's Home Child Advocacy Center



# Types of Stress



Brief increases in heart rate,  
mild elevations in stress hormone levels.



Serious, temporary stress responses,  
buffered by supportive relationships.



Prolonged activation of stress  
response systems in the absence  
of protective relationships.

# Types of Trauma

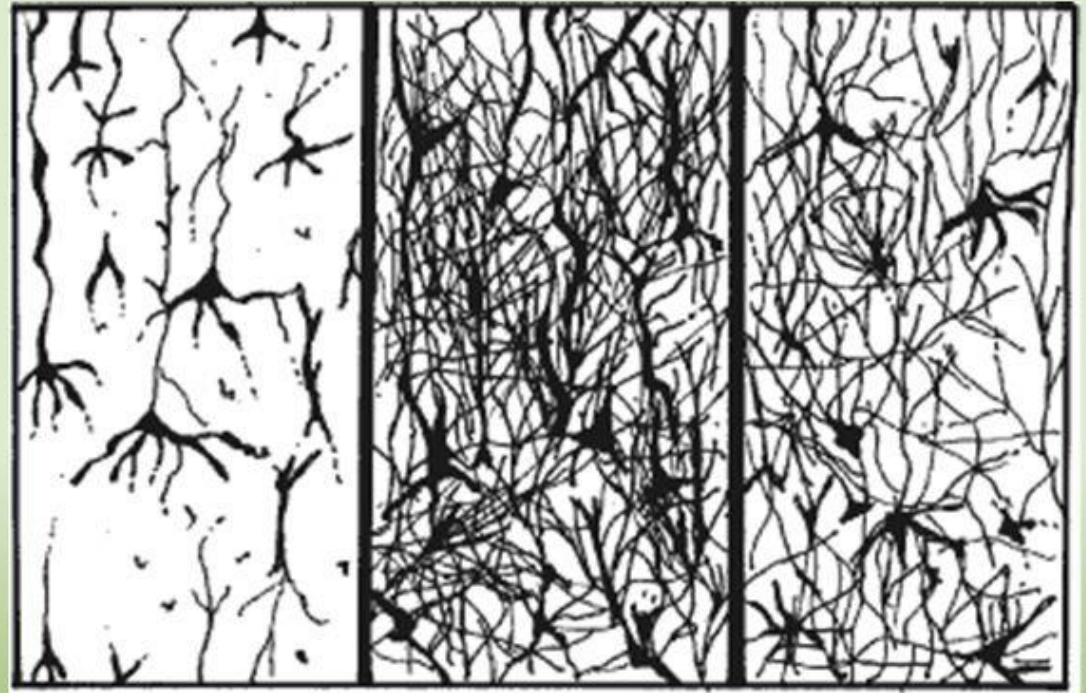
- Public/ Natural
- Personal (IPV)
- Historical/  
Intergenerational
- Chronic vs Single
- Vicarious/Secondary



# Body Memory



# Synaptic Density



at a child's birth

at 7 years of age

at 15 years of age

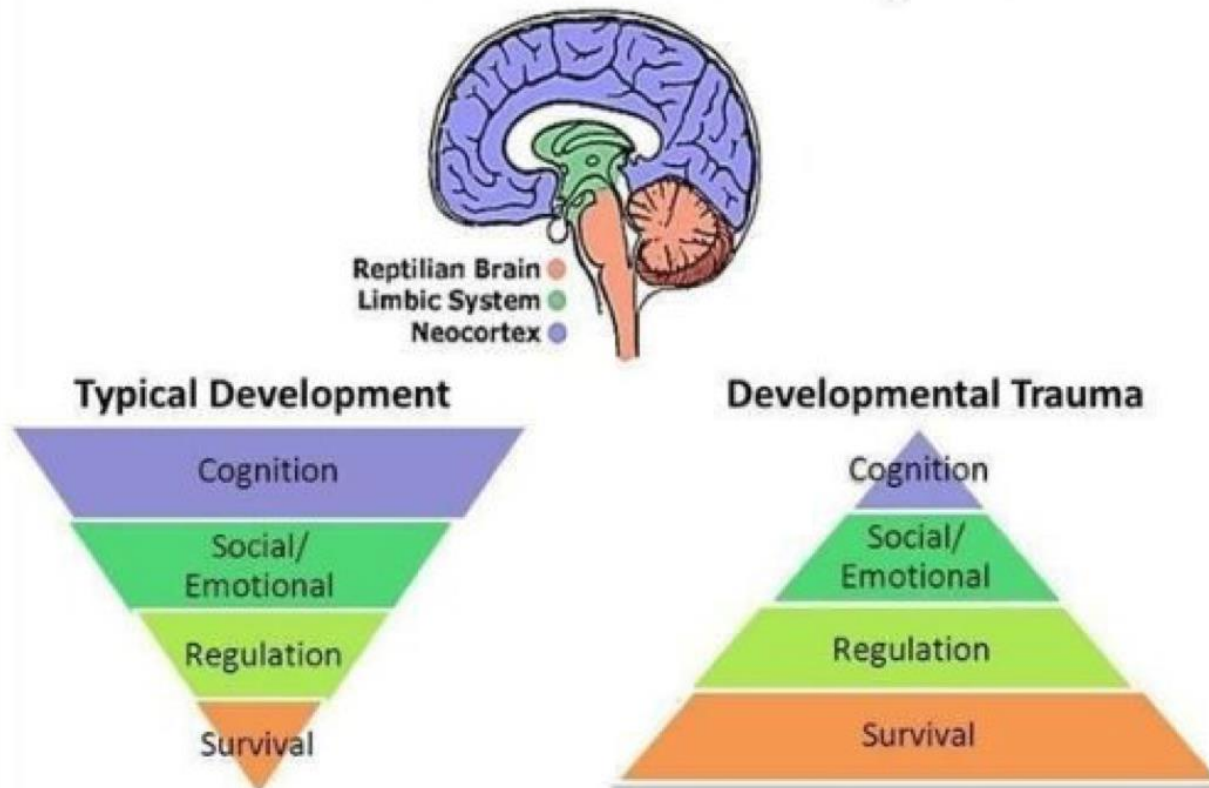
700 new synapses (neural connections) every second

SOURCE: Harvard Center on the Developing Child



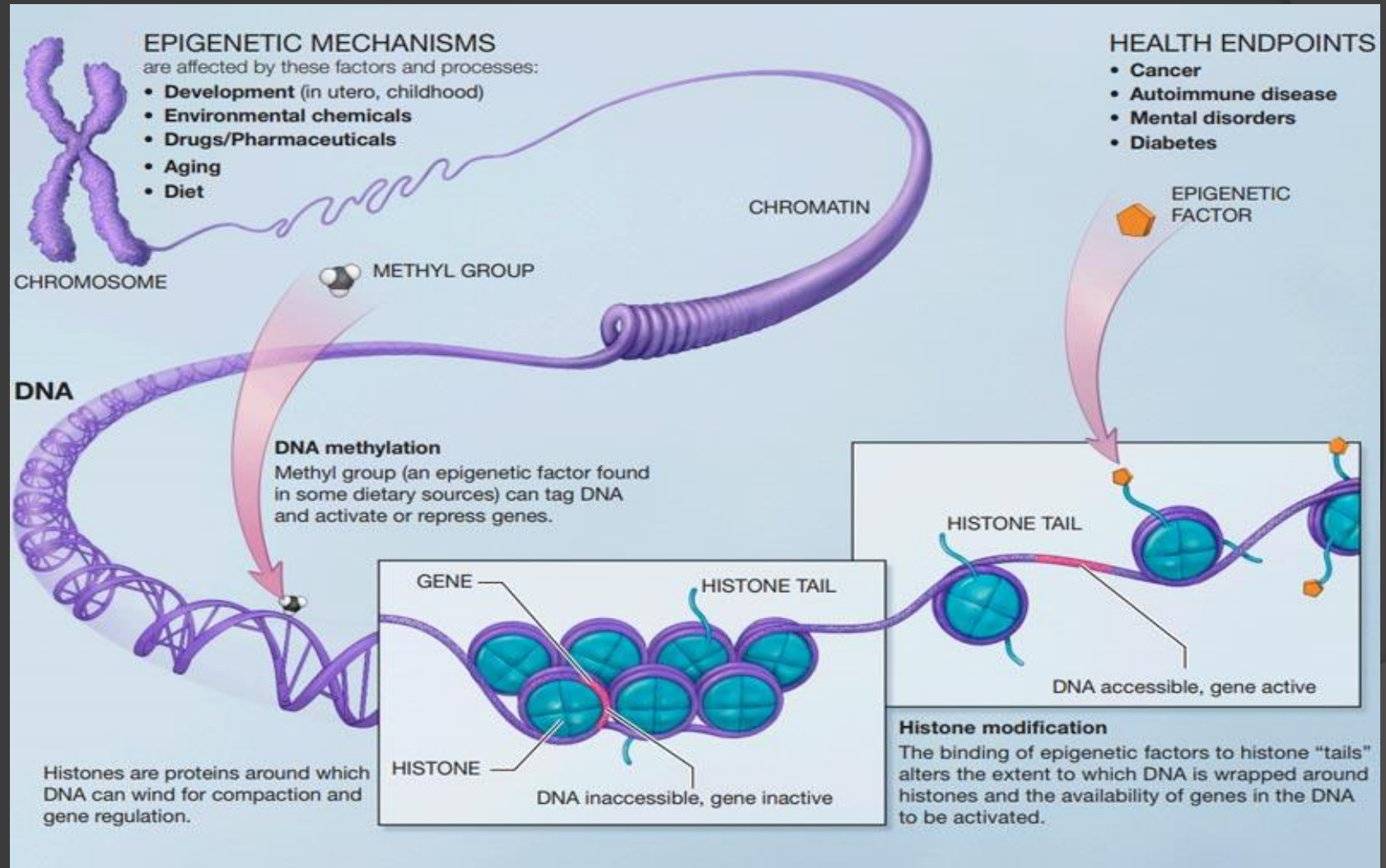
It's not “rocket science” but it is  
“brain science”

## Trauma & Brain Development



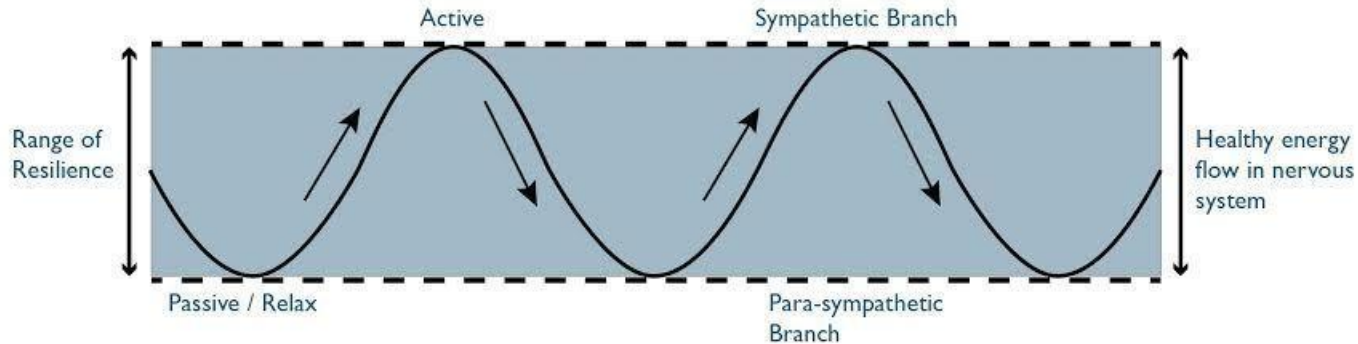
Adapted from Holt & Jordan, Ohio Dept. of Education

# Historical/Intergenerational Trauma

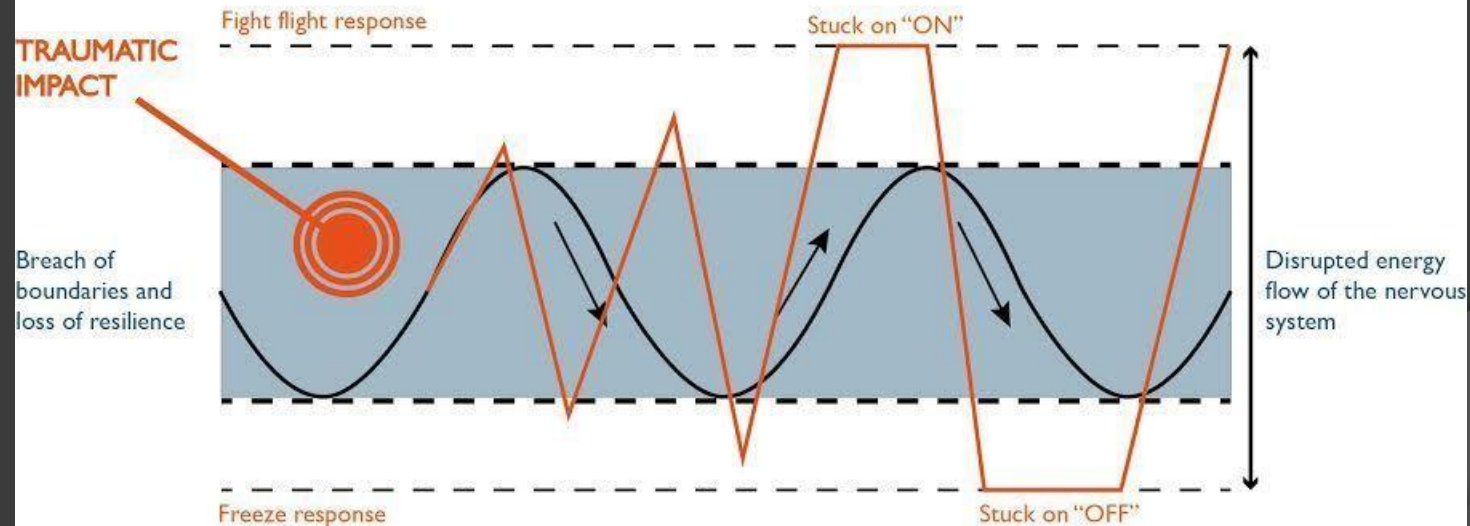


# Toxic Stress...In the long run

This represents a healthy nervous system:



This is what happens when we go through Trauma:





# The Limbic System



- vital for...
  - Learning
  - Memory
  - Reward
  - Reinforcement
- regulates
  - Hormones
  - Mood
  - Heartbeat
  - Sexual Behavior

# Hippocampus & Amygdala



- ⦿ Panic & Fear
- ⦿ Attention
- ⦿ Memory
- ⦿ Social Cues

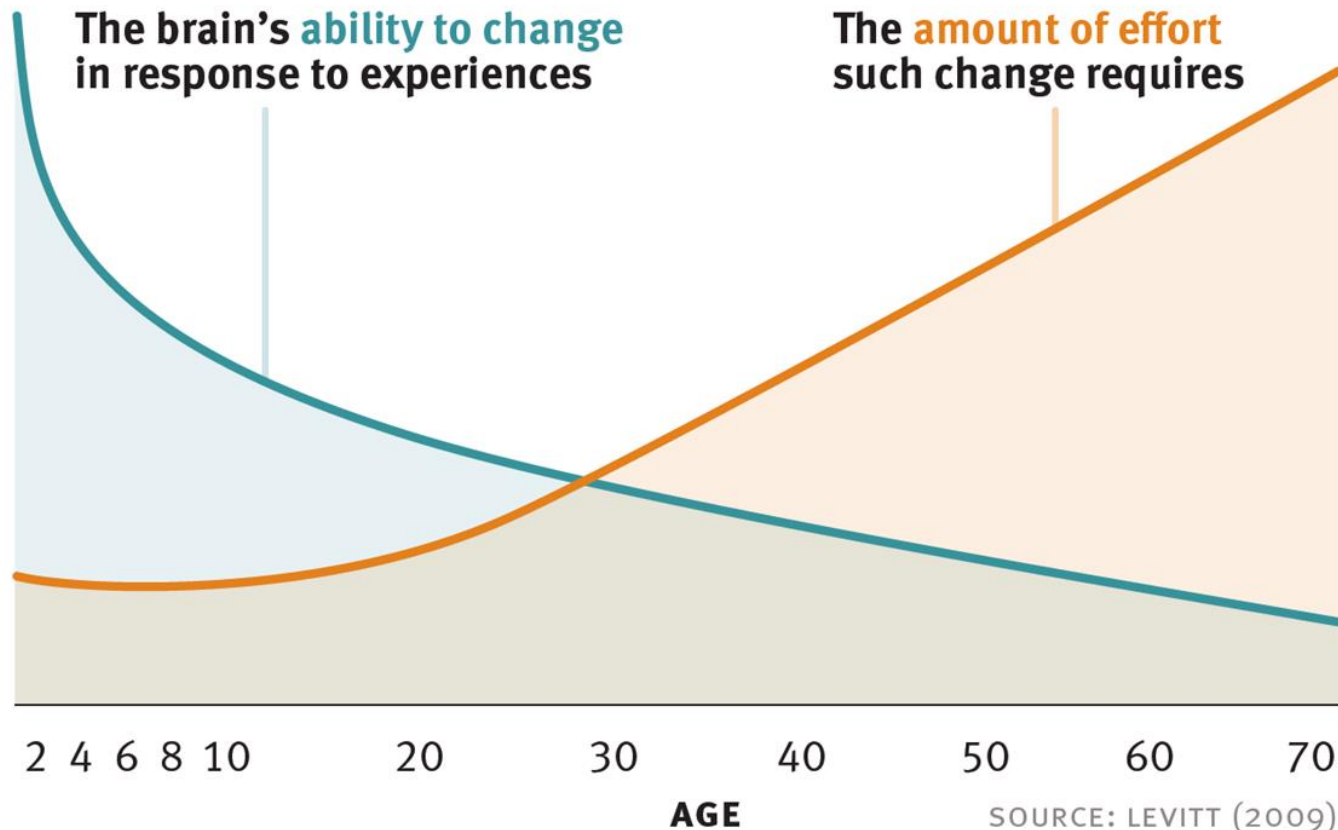
Cerebellar  
Vermis

Addiction  
Attention  
Problems  
Mental Illness

Positive  
Feelings  
Perception  
Attention



# The Good News





What do you think resilience means?

# Core Principles of TIC

- ④ Safety
- ④ Trustworthiness
- ④ Choice – prioritizing choice and control
- ④ Collaboration
- ④ Empowerment & skill building

# Core Protective Systems



Capabilities

Attachment  
&  
Belonging

Community  
Culture  
Spirituality

**“Nurturing the healthy development of these protective systems affords the most important preparation or ‘inoculation’ for overcoming potential threats and adversities in human development. Similarly, damage or destruction of these systems has dire consequences for the positive adaptive capacity of individuals.”**

*Ann Masten, 2009*

# Seven “C’s” of Resilience

- ⦿ Competence
- ⦿ Confidence
- ⦿ Connection
- ⦿ Character
- ⦿ Contribution
- ⦿ Coping
- ⦿ Control

Kids will live “up” or “down” to our expectations.  
– Dr. Ginsburg



# Individual Protective Factors

- Positive Self View
- Self Efficacy
- Self- Regulation



# What we see on the surface:

- Uncooperative/angry outbursts
- Inattentive/daydreaming/spacing out
- Forgetfulness/memory recall spotty
- Changes in personality, eating, sleeping
- Social withdrawal
- Self-blaming or self-harming
- Chronic physical ailments
- School failure

# Digging Deeper

- Breakdown in ability to:
  - Process, integrate, and categorize experiences
  - Regulate internal state
- May lead to difficulties in:
  - Emotional regulation
  - Comforting oneself or being comforted by others
  - Staying present; feeling connected to what is happening

# Digging Deeper

- Survivor may face challenges with:
  - Solving problems
  - Exercising judgment
  - Taking initiative
  - Making decisions
  - Thoughtful planning or action
  - Developing empathy
  - Aggression and impulsivity



# CHAOS

Unpredictable

Unstable

Coherent

Energised

## THE RIVER OF INTEGRATION



Adaptive

Flexible

Stable

Not Flexible

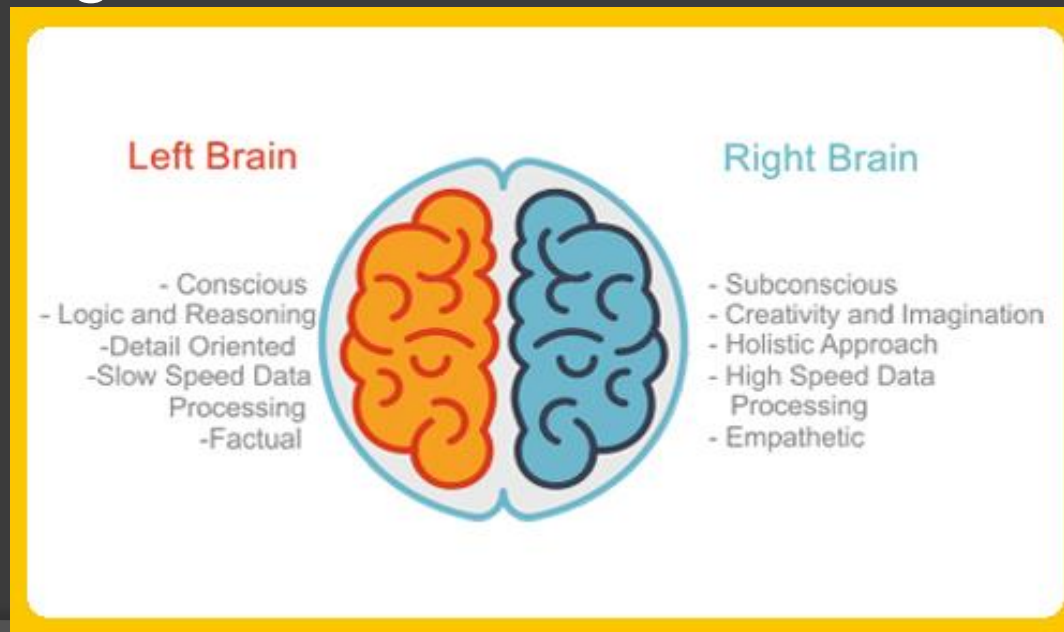
Controlling

# RIGIDITY

Adapted from - Siegel, D. (2009). Mindsight - The New Science of Personal Transformation. NSW, Australia: Scribe Publications.

# Whole Brain Strategies

- Connect and Redirect: Surfing Emotional Waves
- Name It to Tame It: Telling Stories to Calm Big Emotions



# S.E.R.V.E

- ◉ Share that the behaviors are normal for abnormal stress (Symptom Normalization)
- ◉ Educate about stress in the brain and the body (Amygdala, Cortex, Fight/Flight, Freeze)
- ◉ Regulate the body and mind (Mastery over states of arousal and black/white thinking)
- ◉ Validate anger and grief
- ◉ Empower the self that lies beneath

# Attachment & Belonging

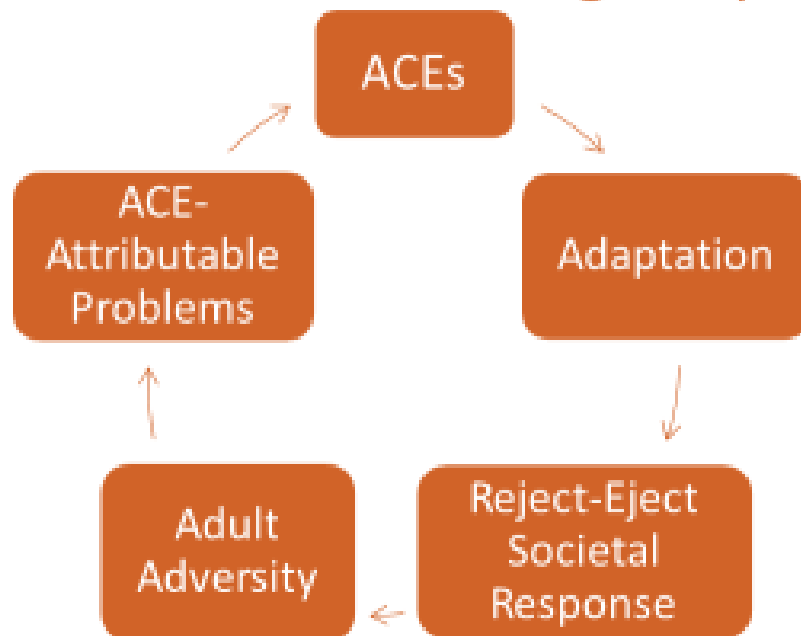




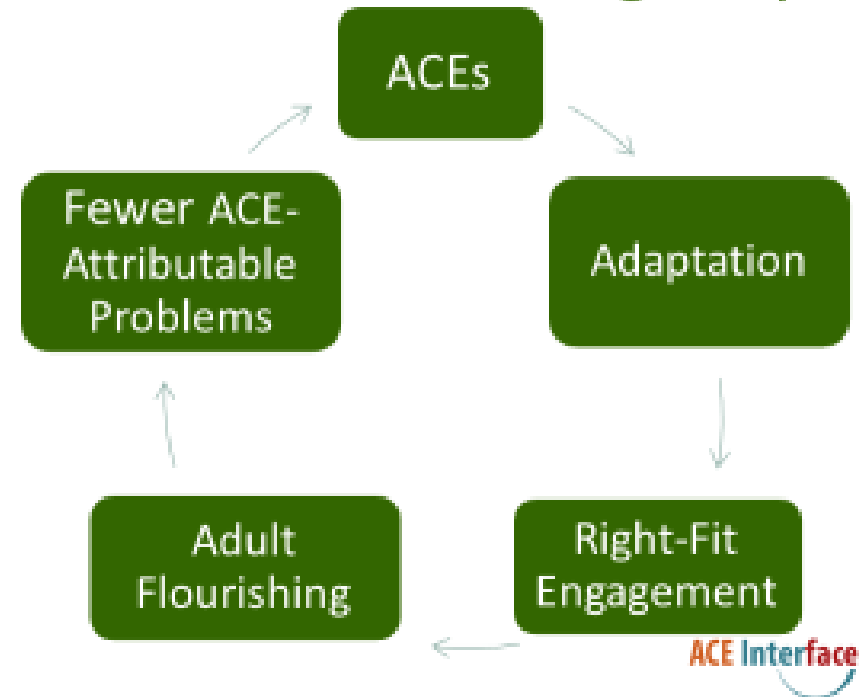
# Reinforcing Loops

A dynamic that is amplified with each turn around the loop.

## Vicious Reinforcing Loop



## Virtuous Reinforcing Loop





WE  
foster thriving  
communities  
through  
community,  
faith, &  
cultural  
processes

# Community Resilience

## Community Reciprocity

watching out for children, intervening when they are in trouble, and doing favors for one another



## Social Bridging

reaching outside one's immediate circle of friends to recruit help for someone inside that circle.



# 7 Core Domains: Trauma Informed Care

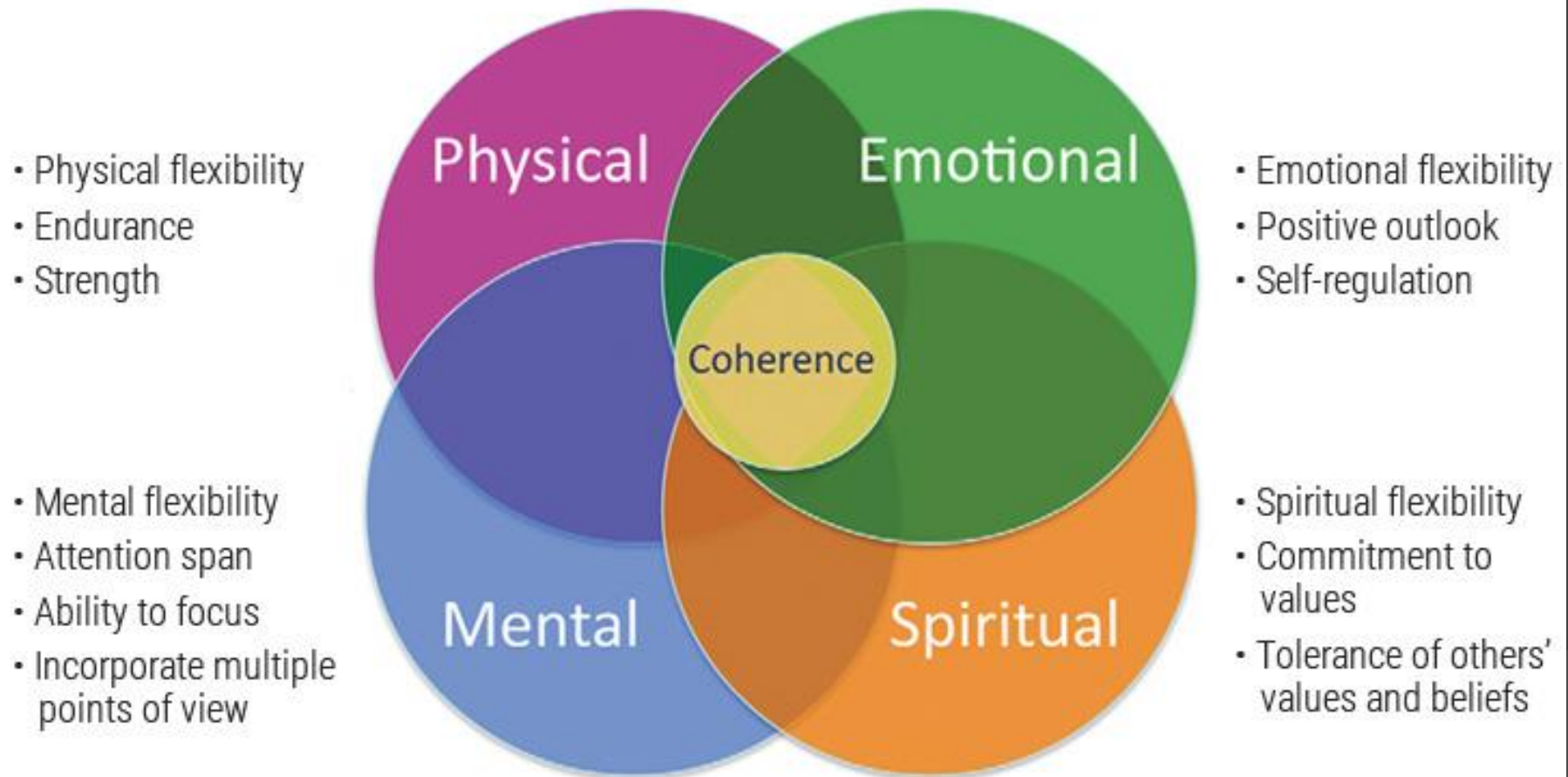


Link on TIC

[http://  
www.samhsa.gov/ntic](http://www.samhsa.gov/ntic)



# Domains of Resilience



# To Schedule a Training

Tifanie Petro

Tifanie.petro@chssd.org

605-716-1628

